

Schoenstatt Girls' Youth Daily Prayers



Texts taken from *Heavenwards* and the Schoenstatt
Girls' Youth Morning and Evening Prayers
2012 edition SGYMN

Morning Prayers

A: (Sign of the Cross)

L: Father, awaking with new strength and united with all Schoenstatt children, we come before you with joyful hearts to deepen our love.

A: We are united in the shrine where our hearts burn in fervent love for our Mother Thrice Admirable, who wants to use us in building your kingdom.

L: The spirit of joy overshadows us as we rise to the newness of the morning here at Schoenstatt on the Lake. Expectation fills our hearts as we look forward to this time that we will spend together, living together and learning to love together.

A: Eternal Father, you who are mighty love, teach us to know your ways, to love you more, and to serve you ever-joyfully. You have given us a Mother, a home, a family. Let us experience the fullness of joy as we share these gifts.

L: Mother Thrice Admirable, Queen, and Victress of Schoenstatt, come, walk in us, work in us, love in us every single moment of the coming day. Help us to spend this day in the way that is most pleasing to you.

A: Let us reflect your image, and walk through life entirely like you: strong and noble, simple and kind, spreading love and peace and joy. In us go through our times and make them ready for Christ.

L: As Schoenstatt Youth we give you, our Queen, all that will come this day: our prayers and sacrifices, our striving and our love, as contributions to your capital of grace.

A: What I bear and endure, what I say and what I dare, what I think and what I cherish, all the merits that I gain, what I direct and what I conquer, all my joys and all my sorrows, what I am and what I have, I give to you as a gift of love. Use it so that the holy stream of graces flowing richly from the shrine may fill the souls of those who have given their hearts to Schoenstatt and gently lead there all those whom you wish to choose in kindness. Accept everything that our efforts may be fruitful which we dedicate to the Trinity.

L: (*Optional Song*) My Queen, My Mother,

A: I give myself entirely to you. And to show my devotion to you, I consecrate to you this day my eyes, my ears, my mouth, my heart, my entire self without reserve. As I am your own, my good Mother, guard me and defend me as your property and possession. Amen.

L: We pray for the grace of purity:

A: (*Optional Song*) Hail Mary, for the sake of your purity, keep me pure in body and soul.
- Open wide to me your heart and the heart of your Son. Implore for me deep self-knowledge
- and the grace to persevere and remain faithful until death. Give me souls, and keep all else for yourself. Amen.

L: We entrust our families and all those in need to the special care and guidance of our Mother Thrice Admirable, Queen, and Victress of Schoenstatt.

A: I trust your might, your kindness, Mother dear. I do believe that you are always near. Schoenstatt's great Queen, O Mother mild, I blindly trust in you and in your Child. You know the way for me, you know the time. Into your hands I trustingly place mine. Your plan is perfect, born of perfect love. You know the way for me, that is enough.

L: Mother and Queen, we trust in you.

A: Glorify yourself and bless us.

L: Mother and Queen, we trust in you.

A: Glorify yourself and bless our Schoenstatt Youth.

L: Mother and Queen, we trust in you.

A: Glorify yourself and bless the whole world.

Sing: If we offer our hearts, pure and noble, God will save, God will save the whole world, the whole world, if we love and offer.

L: Mother with your blessed Son,

A: Bless us each and every one.

A: (Sign of the Cross)

Evening Prayers

A: (Sign of the Cross)

L: Father, now that the day's work is over, we seek rest in you who have guided us through the day and used us as instruments.

A: We praise and thank you, Father, for the gift of your Son, our Lord Jesus Christ, the Light of the World and the Shepherd of our Souls. We thank you for the Holy Spirit, your gift of love uniting us to you and your Son.

L: We praise and thank you for Mary, our Mother and Queen, whose noble image shines before us as our daily guide. We thank you for all the gifts which you have given us today through her mother-heart.

A: For the love of our families, for the joy of friendship and the blessings we share, we thank you, Father.

L: You used each of our deeds as building stones for the Schoenstatt work which in your goodness you have chosen to bring salvation to the world.

A: We also thank you for all that we experienced today which was not so joyful, which was not so easy to understand. We thank you for the challenges you gave us, above all, the challenge to grow in your love.

L: Father, we approach you from the restlessness of our lives into the stillness of the night and the

silence in which you speak to us. You have given us this day to prove the power of your love. We ask you to speak to our souls. Have we lived this day pleasing to you?

*Time of silence for
the Examination of Conscience
(Thank our Father for His gifts—
Bring Him our sacrifices & prayer—
Ask for His forgiveness)*

L: O my God,

A: I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen.

L: Father, we trust in your goodness and mercy. We know that you only wish us to place everything into your hands. Fill us with your love and give us a peaceful rest, so that we will awaken with new strength, joy, and hope in the morning.

A: Dear Mother Thrice Admirable, Queen, and Victress of Schoenstatt, please take all our concerns and needs into your hands, that we might sleep peacefully in your care.
I trust your might, your kindness, Mother dear. I do believe that you are always near. Schoenstatt's great Queen,

O Mother mild, I blindly trust in you and in your Child.

L: Protect all our families, friends, and relatives, all those we love, and keep them safe from all harm. We place them and ourselves entirely in your keeping.

A: *(Optional Song)* My Queen, my Mother, I give myself entirely to you. And to show my devotion to you, I consecrate to you this day my eyes, my ears, my mouth, my heart, my entire self without reserve. As I am your own, my good Mother, guard me and defend me as your property and possession. Amen.

L: Lord, Almighty King, bless us now as we end this day. May we rise tomorrow, filled with hope and confidence, to build your realm of love.

Mother Thrice Admirable, Queen, and Victress of Schoenstatt,

A: Pray for us.

Sing: If we offer our hearts, pure and noble, God will save, God will save the whole world, the whole world, if we love and offer.

L: Mother with your blessed Son,

A: Bless us each and every one.

A: (Sign of the Cross)

**Novena to the Servant of God
Father Joseph Kentenich**

(Beatification process opened February 10, 1975)

Eternal Triune God, for love of you and your holy Church, the founder of Schoenstatt always tried to do your will and lead many people to you. Through Mary, Mother Thrice Admirable, Queen and Victress of Schoenstatt, grant him what he requests on my behalf and let him soon be beatified, so that he may be even more fruitful here on earth for you and your kingdom. Amen.

Thanksgiving Prayer

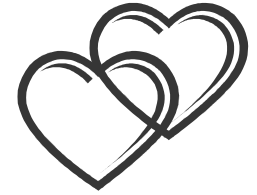
For everything, yes for everything, let me give heartfelt thanks, clinging to you, Mother, with tender love.

What would have become of us without you and without your motherly care!

Because you delivered us from great need and bound us to yourself in faithful love,
I will give you thanks, be grateful forevermore and dedicate myself to you with undivided love. Amen. *(Heavenwards 146)*

Oneness with Mary

O Mother, in your holy heart
deeply inscribe each name
And as a sign that we are yours
write it with blood and flame.
In love and childlike gratitude
your name shall also be
Deeply inscribed within my heart
for all eternity.



Holy Spirit Prayer

Mary, in the midst of the apostles you powerfully implore the coming of the promised Spirit, who transforms weak men and women and directs the Church on the road to victory.
Open our souls for the Spirit of God
That he may change the course of the world.
(Heavenwards 99)

Exorcism Prayer

May almighty God arise, the Father, Son, and the Holy Spirit,
May the Blessed Virgin Mary arise, Mother Thrice Admirable, Queen and Victress of Schoenstatt,
May St. Michael the Archangel arise and all the angels and saints,
May their foes be scattered and all who hate them flee before them
+ in the name of the Father and of the Son and of the Holy Spirit. Amen.

Little Hours—Introductory Prayer

(Father Joseph Kentenich was asked by the priests who were in prison in the Dachau concentration camp during World War II to write short prayers to take the place of the Divine Office. Father Kentenich gladly did this putting the prayers in an easy to memorize form. The format is:

- *Biblical place*
- *Relation of place to Schoenstatt*
- *Mission from this place for our time*
- *Praise of the Trinity*

The Introductory prayer may be prayed before each “Little Hour” or at the beginning of the first one. This prayer spiritually places us in the shrine—where we can live the whole day. The original German version rhymed but the English version does not since the translation was done to capture the meaning of the text as closely as possible.)

Leader: In Spirit I kneel before your picture,
Thrice Admirable, strong and gentle
Mother, united with all who have
consecrated themselves to you
and are ready to die for your realm.

All: We want to mirror ourselves in your
image and seal our covenant of love anew.
Make us, your instruments, like you in
everything and through us build
Schoenstatt everywhere.

(Continue on page for the “Little Hour” that corresponds to the time of day you are praying. The Divine Office is based on a three hour rhythm and the “Little Hours” are done in the same way.)

Matins—(at midnight)

Leader: Your shrine is our Nazareth,
Concealed in the night of our times.

Right: Immaculate Virgin, you struggle
there in prayer, filled with longing for the
dawn of salvation. There Gabriel speaks
God’s request and your Fiat illumines the
world.

All: Again I see you quietly speaking your
Fiat and see your light breaking through the
night from Schoenstatt, for God in his
wisdom and mercy has chosen it to be a
bright beacon for the world of today.

Left: Like you, let me always be faithful to
the Blank Check and fight the battle
against the ancient dragon. As your
instrument let me always be ready to serve
you and joyfully dedicate my life to
Schoenstatt’s mission.

All: Glory be joyfully given to the Father
through Christ with Mary, highly praised in
the Holy Spirit full of splendor from the
universe now and in all eternity. Amen.

*(Last “All” can be sung - refrain from “All Creation
Joyfully Sing”.)*

Heavenwards 48

Lauds—3 am

Leader: Your shrine is our **Bethlehem**, pleasing to God through its sunrise.

Right: There you gave virginal birth to the Lord who chose you as his Bride and Mother. In your miraculous fruitfulness you brought forth the Sun of Righteousness.

All: You have graciously established Schoenstatt so that our times can see the Eternal Light. From there you want to go through our dark world as the Christbearer sent by God.

Left: Jubilantly place the Lord into my soul anew, so that, like you, I may perfectly resemble him. Let me be a Christbearer for our times, that they may shine in the brightest radiance of the sun.

All: Glory be joyfully given to the Father through Christ with Mary, highly praised, in the Holy Spirit, full of splendor, from the universe now and in all eternity. Amen.

(Last "All" can be sung - refrain from "All Creation Joyfully Sings") Heavenwards 49

Prime—6 am

Leader: Your shrine is our **Nazareth**, where Christ, the Sun, warmly shines.

Right: This sun, with its clear and radiant light, forms the history of the Holy Family and awakens strong and silent everyday sanctity in blessed family unity.

All: Through this Nazareth for homeless times God wants to prepare salvation for families and mercifully bestow everyday sanctity on those who dedicate themselves to Schoenstatt.

Left: Mother, let Christ shine in us more brightly and join us together in holy community, always ready for the sacrifices our holy mission may demand of us.

All: Glory be joyfully given to the Father through Christ with Mary, highly praised, in the Holy Spirit, full of splendor, from the universe now and in all eternity. Amen.

(Last "All" can be sung - refrain from "All Creation Joyfully Sings") Heavenwards 50

Terce—9 am

Leader: Your shrine radiates into our times the brilliance and splendor of Tabor's sun.

Right: Where Christ, the Sun, reveals his glory and makes known his victory as once he did on Tabor. It is good to be there, as in Paradise, because it is the Holy Spirit's dwelling.

All: Entirely enveloped in the brilliance of Tabor's sun as the vessel open to the Holy Spirit, you work in Schoenstatt as Mediatrix and mercifully lead us to the Holy Spirit.

Left: Let us be deeply penetrated by Christ's Spirit and richly bless us with eloquent tongues of love, so that Christ's glory may shine through us as it does through you, the Mirror of Justice.

All: Glory be joyfully given to the Father through Christ with Mary, highly praised, in the Holy Spirit, full of splendor, from the universe now and in all eternity. Amen.

(Last "All" can be sung - refrain from "All Creation Joyfully Sings") *Heavenwards 51*

Sext—Noon

Leader: The sun is shining at its zenith: we recollect our hearts in Bethany.

Right: With eager expectation you took in everything which came from the mouth and heart of the Lord and became a master of contemplation, totally given to God in tender intimacy.

All: In your shrine you wish to form an army of prayer in the midst of a barren world, leading us to love's highest heights so that in the battle we remain loyally at your side.

Left: Help me to learn more and more the spirit of prayer and always lift my heart to the stars of heaven. Let me always look on Christ, the Sun, and trust in him in all of life's situations.

All: Glory be joyfully given to the Father through Christ with Mary, highly praised, in the Holy Spirit, full of splendor, from the universe now and in all eternity. Amen.

(Last "All" can be sung - refrain from "All Creation Joyfully Sings") *Heavenwards 52*

None—3 pm

Leader: The sun silently proceeds on its course of blessing as the Spirit leads us to **Golgotha**.

Right: There I see your motherly heart powerfully renounce and courageously annihilate each right as mother. With your only-begotten Son you offer yourself to the Father on the throne for the salvation of the world.

All: In your shrine you wish to form souls who are always priestly in their life and bearing, standing as deacons at the foot of the cross and going the way of the cross with the Redeemer.

Left: Through my life of sacrifice let me complete – in keeping with eternally valid laws and the spirit of the Inscriptio - whatever fullness is still lacking in the cross and suffering of Christ.

All: Glory be joyfully given to the Father through Christ with Mary, highly praised, in the Holy Spirit, full of splendor, from the universe now and in all eternity. Amen.

(Last “All” can be sung - refrain from “All Creation Joyfully Sings”.)
Heavenwards 53

Vespers—6pm

Leader: The sun makes ready for the night and invites us to enter the **Cenacle**.

Right: There you implored the Spirit for the Church who freed her from the scourge of half-heartedness, guided her to the teaching of Christ and enkindled in her the spirit of the apostles and the martyrs.

All: That is how you want to work in our shrine: Strengthening our weak eyes of faith so that we might see life as God sees it and always walk by heaven’s light.

Left: In this light of faith let me see how the Father’s love wished to accompany me today. Let loyalty to our mission be my thanksgiving for the boundless gifts he has showered on me in love.

All: Glory be joyfully given to the Father through Christ with Mary, highly praised, in the Holy Spirit, full of splendor, from the universe now and in all eternity. Amen.

((Last “All” can be sung - refrain from “All Creation Joyfully Sings”.)
Heavenwards 54

Compline—9 pm

Leader: Silent and tired the sun now goes to rest and Sion smiles on us from afar.

Right: Your dying was an ecstasy of purest longing; your body never knew corruption. You reign now transfigured in the “Holy City,” on Sion, which God has opened to you.

All: Through the shrine you constantly direct us upward to the eternal Schoenstatt where we will one day praise God. You show us the transitoriness of the earthly world until you have led us to things eternal.

Left: Teach me to live each day so that my dying becomes easy, as befits and heir of heaven. Teach me to judge myself each night in such a way that after death I may see you and God.

All: Glory be joyfully given to the Father through Christ with Mary, highly praised, in the Holy Spirit, full of splendor, from the universe now and in all eternity. Amen.

(Last “All” can be sung - refrain from “All Creation Joyfully Sings”.) *Heavenwards 55*

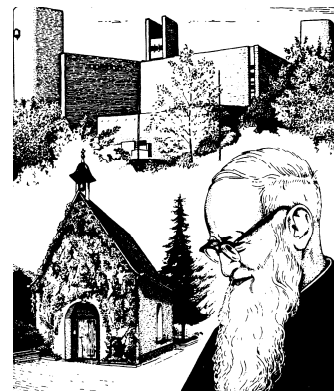
Concluding Prayer

Leader: O Triune God, be eternally praised

Right: for all the great things you have done for us: for giving Schoenstatt a Mother and for immersing us, through her, deeply into Christ

Left: We praise you because Mary’s life has given us the norm for our daily living and brought the splendor of Christ the Sun so humanly near to us.

All: With jubilation we unite all the praise which burns like flames of love through all creation. Blessed Trinity, we bring it to you and to your altar in Jesus and Mary forevermore. Amen. *Heavenwards 56*



You know the way
for our country,
You know the time.
Into your hands, we
trustingly place ours.
Your plan is perfect,
born of perfect love.
You know the way
for us, that is enough.